

May 28, 2020

Swimming Canada will be releasing the National Return to Swimming Resource Document, it will be available on the following [webpage](#) tomorrow. This National Framework has been valuable to Swim Nova Scotia for the development of our Return to Swimming Plan.

Based on Provincial guidelines, Swim Nova Scotia has created a Provincial phased approach to our return to swimming. The Return to Swimming Plan is now complete and has been submitted to Nova Scotia's Chief Medical Officer of Health, Dr. Strang for review and approval. Once approved, the plan will be presented to our membership. Supporting documents will also be distributed to Clubs as each phase is approved that will outline all requirements to resume a safe training environment during that phase as necessary.

Until Swim Nova Scotia's plan is approved, training and coaching of any kind done in a group setting is prohibited by current legislation. To clarify, coaching is anyone instructing a non-virtual training session (in-person group training, including dryland is still prohibited). A group by definition, would be anyone not living in the same household who is training together.

Please be reminded that everyone must use social media wisely, and ensure that all posts respect physical distancing and other restrictions. If we do not obey the law, we may lose the privilege for the opportunity to return swimming activities. Negligent actions may set our community back.

All sanctioned competitions are suspended indefinitely, until such time as the Provincial Chief Medical of Health guidelines will permit consideration of lifting the suspension. This means that **all 2020 Summer Swimming and Open Water Competitions are cancelled**. This decision has been made based on information currently available from key stakeholders and to ensure we are doing everything we can to keep not only our community safe but our communities at large safe as well.

As always, I am committed to providing the membership with updates and information as it becomes available. Please reach out with any questions you may have, I am available via email or on my mobile phone 902-497-2088.

Stay Home, Stay Safe, and we'll be back in the water soon!

Bette

"It is still important to follow public health advice, practice good hygiene and limit large gatherings. Doing all of these things will help ensure our case numbers continue to stay low." - Dr. Robert Strang, Chief Medical Officer of Health.

ONGOING RESOURCE PAGES

[Swim Nova Scotia COVID-19 Resources](#)

[Swimming Canada COVID-19 Resources](#)

[Federal Government Economic Response Plan](#)

[Nova Scotia Provincial Government COVID-19 Resources](#)

[Public Health Agency of Canada COVID-19 Resources](#)